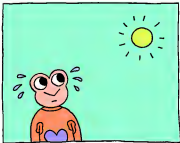
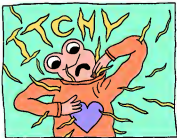


or circumstances change



but over time you may realise
you don't want it anymore



and it is time to get out of it.



So it is easy to let our past
define our future



without it, we feel exposed



A relationship
is like a woolly jumper.



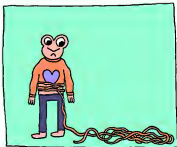
You may find one that is
comfortable



but if we keep moving



or it breaks down
of its own accord



None fit perfectly



but some fit better than others.

and ignore the flaws
that drove us away.



we can stay warm
on our own.



Although we may look back and wonder why we had it in the first place



HOW to LOVE

Keara Belle Beaulieu asks:

I just broke up with my boyfriend of 3 years because he wasn't treating me right. Why am I still crying & missing him?

If we stay still,
it will overwhelm us

